

# Louisiana College: Football

Coach Dennis Dunn

Date: October 8, 2015

Team Workshop:

- Introduction to EQ
- Mental5 (Chatter regulation)

Surveys: # 57    Bundle #2 of #2 (38)



## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Reese Contact #: \_\_\_\_\_Position: TE/H-Back Yrs. In School: FreshmenYes, please contact regarding: ☐ Personal EQ Coaching ☐ More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

*Yes, it will help me when my life gets tough*

- What information stands out the most – made the biggest impact on today?

*Getting brain & body in sync repeatedly*

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

*Yes, teammates being aware of themselves & each other will help them to be more efficient*

- What is one action item you will take away from today's training?

*Focusing on training my mind to stay focused*

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

*Everything was good*

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## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Shed Contact #: \_\_\_\_\_Position: Receiver Yrs. In School: 3

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes, this is an all day process.

- What information stands out the most – made the biggest impact on today?

John talking about Iraq.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, to help motivate the team  
before a game.

- What is one action item you will take away from today's training?

See, here, touch

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Great delivery.

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## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Michael Contact #: 1Position: Linebacker Yrs. In School: 80

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes because in sport we go through adversity when it get rough

- What information stands out the most – made the biggest impact on today?

The 3 digit code

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

yes because it can help out in life

- What is one action item you will take away from today's training?

Everything

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

It was great

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## Feedback &amp; Assessment

Date: 10/8/15

## General (Optional):

Name: D'Onche Contact #: \_\_\_\_\_Position: QB Yrs. In School: 2

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

yes, because if you use all these things  
it can help with plenty of life challenges

- What information stands out the most – made the biggest impact on today?

how the kid didn't let the  
blindness stop his life.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, because it slows the game  
down

- What is one action item you will take away from today's training?

Breathing

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

open, gave vivid ex. of <sup>what</sup> was said.

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## Feedback &amp; Assessment

Date: 10/8/15

## General (Optional):

Name: CharlesContact #:                     Position: Place KickerYrs. In School: 3Yes, please contact regarding:    Personal EQ Coaching    More EQ4 Athletes Training ☒

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes. I have struggled with negative bias and the "chatter" for a while and this info. presented helped me, and will help me, tremendously.

- What information stands out the most – made the biggest impact on today?

How to deal with performance anxiety, negative bias, and the "chatter."

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes. I believe many athletes have <sup>negative</sup> moments they dwell on, even years after that moment may have happened. I believe this training can help them overcome that moment.

- What is one action item you will take away from today's training?

3 Digit code.

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Great attention keeper; maybe a tad fast in presenting some things.  
Great information.

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## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Paulin Contact #: 757-271-1111Position: Line Backer Yrs. In School: 13Yes, please contact regarding: ☐ Personal EQ Coaching ☐ More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes, because sometimes my brain wanders off.

- What information stands out the most – made the biggest impact on today?

The biggest impact today was knowing emotion can cause you to fail.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, because everyone has a problem.

- What is one action item you will take away from today's training?

The baseball movie with the pitcher blocking out everything

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Very Good Speaker

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## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Justice Contact #: 3Position: \_\_\_\_\_ Yrs. In School: 13

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes

- What information stands out the most – made the biggest impact on today?

how the blind kid was able to adapt,

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, because it slows the game down.

- What is one action item you will take away from today's training?

Breathing

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Open, gave vivid examples of what was said

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## Feedback &amp; Assessment

Date: \_\_\_\_\_

## General (Optional):

Name: Kedrick Contact #: (609) 231-1111Position: Defensive End Yrs. In School: 4

Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

*Yes this information is very beneficial and I can see myself using this immediately.*

- What information stands out the most – made the biggest impact on today? *The amygdala*

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

*Yes this type information benefits everybody in the world.*

- What is one action item you will take away from today's training? *I'm at my best when conditions are at there worst.*

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

*10, very specific and active*

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## Feedback &amp; Assessment

Date: 10/8/15

## General (Optional):

Name: Orel Contact #: \_\_\_\_\_Position: Linebacker Yrs. In School: 1Yes, please contact regarding: Personal EQ Coaching More EQ4 Athletes Training

## Content &amp; Presentation:

- Can you use the information presented today – is it beneficial? (If so, please explain)

Yes, I can further my leadership skills.

- What information stands out the most – made the biggest impact on today?

In order to be elite, control over the brain must be powerful.

- In your opinion, can others athletes and/or coaches benefit from this training? (If so, please explain)

Yes, they can regulate chatters in their head.

- What is one action item you will take away from today's training?

Regulating chatter in my head.

- Please evaluate the presenter's ability to deliver the information (examples, pace, material)

Great pace.

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